

# ADULT

## ACTIVITIES & SPORTS

### DANCE

#### Bollywood Fusion for Adults

This exciting class has energy and artistic choreography. With a degree in Indian Classical Dance, instructor Vaishnavi Misra infuses Bollywood music and moves with rich world choreography, to produce a dance form so spectacular that you won't want to stop dancing! With tips and tricks to doing it right, learn this art form while keeping in shape and increasing your energy level. Thirteen to 16 year-olds can register if accompanied by a registering adult.

7 Classes Instructor: Vaishnavi Misra

17 Years+ \$105 Res/\$127 Non-Res

**Shannon Community Center**

**Tue 5/17-6/28 7:00-8:00 PM Activity #45745**

**Tue 8/2-9/13 7:00-8:00 PM Activity #45746**

#### Irish Dance for Teens and Adults

Beginner and intermediate level dancers will learn a variety of soft and hard shoe dances, as well as group dances. Traditional set dances will also be taught. A recital will be held on the last night of class. Beginning students do not need Irish Dance shoes.

10 Classes Instructor: Valerie Deam

13 Years+ \$70 Res/\$80 Non-Res

**Heritage Park & Museums**

**Thu 6/2-8/18\* 8:00-9:00 PM Activity #45732**

\*no class 7/14 & 7/21

#### Adult Tap I

Both beginner and intermediate dancers will be introduced to a variation of time steps, tap turns, floor combinations, and application of various syncopated rhythms to music with an emphasis on clean footwork. Tap shoes are required for this class.

8 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non-Res

**Heritage Park & Museums**

**Tue 7/12-8/30 7:45-8:45 PM Activity #45722**

#### Adult Tap II

Tap II expands on the basics of Tap I, with the addition of intricate rhythm variations, so students should have previous tap dance experience. Tap provides great exercise for the mind and body and is loads of fun. Tap shoes are required.

8 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non-Res

**Heritage Park & Museums**

**Tue 7/12-8/30 6:45-7:45 PM Activity #45723**

#### Hip Hop for Teens & Adults

Would you like to learn the latest type of street-style dancing made popular by music videos? Join this energizing and electrifying dance class and get ready to loosen up and have some fun. Improve your strength and agility while exercising your mind and body.

8 Classes Instructor: Castro Valley Performing Arts

14 Years+ \$66 Res/\$79 Non-Res

**Heritage Park & Museums**

**Mon 7/11-8/29 8:15-9:15 PM Activity #45737**

### SPECIAL INTEREST

#### CPR/AED and First Aid

Did you know that 75-80% of all out-of-hospital cardiac arrests happen at home and that the majority of victims receive no hands-on care until EMS arrives? Properly applied, CPR and First Aid can save lives and reduce recovery times. Learn to recognize signs of cardiac arrest and get information about how to deal with emergencies like bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more. Participants will receive two year certification cards in accordance with the American Heart Association guidelines.

1 Class Instructor: American Safety Academy

13 Years+ \$72 Res/\$86 Non-Res

**American Safety Academy**

**Sat 6/4 9:30 AM-2:00 PM Activity #45849**

**Sun 6/26 1:00 PM-5:30 PM Activity #45850**

**Sat 8/13 9:30 AM-2:00 PM Activity #45851**

**Sat 9/10 9:30 AM-2:00 PM Activity #45852**





### Cupcake Decorating Workshop

Want to learn cupcake decorating but don't want to buy tools or bake? Here's your opportunity! Create beautiful cupcakes for your next special event. We'll learn ten butter-cream designs.

1 Class Instructor: Julie Kartono

18 Years+ \$45 Res/\$54 Non-Res; plus \$20 materials fee

**Shannon Community Center**

**Wed 9/7 10:00 AM-12:00 PM Activity #46056**

### Centerpiece Flower Arrangement

Create a beautiful flower centerpiece for any occasion. Learn how to pick the perfect flowers and arrange with other flowers. Students will measure and cut the flowers, and learn how to create the desired shape.

1 Class Instructor: Julie Kartono

18 Years+ \$45 Res/\$54 Non-Res; plus \$25 materials fee

**Shannon Community Center**

**Wed 8/31 10:00 AM-12:00 PM Activity #46032**

### Paper Tole Workshop

Explore the beautiful paper tole project with a Japanese theme as we create beautiful works of wall art. Participants will be guided through preparing and cutting pictures, arranging them into three-dimensional art, and how to finish and frame the artwork.

2 Classes Instructor: Julie Kartono

18+ Years \$80 Res/\$88 Non-Res; plus \$30 materials fee

**Shannon Community Center**

**Wed 8/17-8/24 10:00 AM-12:00 PM Activity #46057**

## MARTIAL ARTS

### Karate

Students will be immersed in the Korean Martial Art of Tang Soo Do while learning basic blocks, punches, kicking and sparring techniques that instill discipline and self-control.

15 Classes Instructor: Robert Berger

15 Years+ \$135 Res/\$162 Non-Res

**Dublin Public Library**

**Mon 5/16-9/12\* 7:30-9:30 PM Activity #45691**

\* no class 5/30, 7/4 & 9/5

### Krav Maga

Krav Maga is a self-defense program that uses fitness, boxing, kicks, weapons defense, ground defense and other mixed systems. We teach our system in blocks: one week may focus on hand techniques, another on ground defense or weapon defense. The rotating curriculum allows a variety of material to be taught, keeping students engaged. Students must be in good physical condition prior to enrollment. Martial Arts America Krav Maga gloves are required, \$49.

Instructor: Martial Arts America

15 - 50 Years

**Martial Arts America**

16 Classes \$179 Res/\$215 Non-Res

**Thu 5/19-9/8\* 7:45-8:45 PM Activity #46060**

\* no class 7/7

13 Classes \$179 Res/\$215 Non-Res

**Sat 5/21-9/8\* 9:00-10:00 AM Activity #46059**

\* no class 5/21, 7/2, 7/9 & 9/3

### Beginning Aikido

Improve your confidence, power and agility while learning self defense in a relaxed, friendly and non-competitive environment. No matter your size, gender, age or athletic ability, you will see and feel the benefits. Beginners are welcome and can start at any point during the session; however, fees are not pro-rated. Judo uniforms are recommended but not required.

6 Classes Instructor: Ron Hsi

14 Years+ \$39 Res/\$47 Non-Res

**Dublin Public Library**

**Tue, Thu 6/14-6/30 8:00-8:45 PM Activity #45710**

**Tue, Thu 7/19-8/4 8:00-8:45 PM Activity #45711**

### Intermediate Aikido

Continue to build upon the basic skills learned in Beginning Aikido with additional practice of self-defense techniques without kicking or punching. Instead, students will tap their inner energy and use the strength of their attacker. Learn the fundamental body dynamics, throws, pins, and blocks making this martial art so effective and popular among men and women of all ages.

35 Classes Instructor: Ron Hsi

14 Years+ \$175 Res/\$210 Non-Res

**Dublin Public Library**

**Tue, Thu 5/17-9/15\* 8:00-9:30 PM Activity #45712**

\* no class 5/19

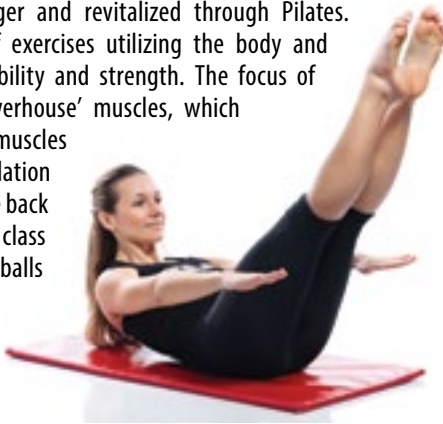




## FITNESS &amp; WELLNESS

**Pilates Plus**

Become leaner, stronger and revitalized through Pilates. Pilates is a system of exercises utilizing the body and mind to increase flexibility and strength. The focus of Pilates is on the 'powerhouse' muscles, which encompasses the core muscles of the torso and the relation of the abdominal to the back muscles. This special class also uses rollers and balls for myofascial and muscle release. Designed for all levels. Mat and a 3' foam roller required.



8 Classes Instructor: Judith Connaughton

18 Years+ \$80 Res/\$96 Non-Res

**Dublin Senior Center**

**Mon 6/13-8/15\* 6:45-7:45 PM Activity #45700**

\*no class 7/4 & 7/25

**Pilates Barre Sculpt**

Get ready to transform your body to longer, leaner and stronger while enhancing flexibility and posture as we redefine our body image inside and out. This class incorporates Pilates and Barre exercises that engage your core while sculpting and shaping the entire body. This is a multi-level class with focus on form and alignment, muscle intensity and calorie burning exercise in a non-impact format. Mat and light weights required.

8 Classes Instructor: Judith Connaughton

18 Years+ \$80 Res/\$96 Non-Res

**Shannon Community Center**

**Thu 6/16-8/11\* 6:00-7:00 PM Activity #45702**

\*no class 7/21

**Bombay Jam® Total Body Fitness**

This program has a serious focus on integrating fun and fitness! Our custom music mixes are created with the hottest Bollywood tracks and American Top 40 music that will motivate instantly. Bombay Jam® includes cardio and toning in one action-packed class. The choreography incorporates simple and easy-to-follow dance fitness moves and is full of Bollywood masala! Build endurance, develop long, lean muscle, burn calories, and be thrilled by all the Bombay flair! Just one class will leave you energized and counting down until the next Bombay Jam® class.

Instructor: Priya Vasudevan

18 Years+

**Dublin Senior Center**

17 Classes \$153 Res/\$184 Non-Res

**Sun 5/22-9/11\* 10:00-11:00 AM Activity #45693**

\*no class 5/29 & 7/2

18 Classes \$162 Res/\$195 Non-Res

**Wed 5/18-9/14 7:00-8:00 PM Activity #45692**

**Bombay Jam® Flex**

Not able to attend eighteen classes? No problem, Bombay Jam® Flex allows you to drop in nine times within a nine-week session. You can attend once or twice a week, it's up to you to choose what works best for your schedule. Bombay Jam® Flex is good for nine Bombay Jam® Total Body Fitness classes and must be used during the session dates registered for. Unused visits may not be transferred, refunded or carried over.

9 Classes Instructor: Priya Vasudevan

18 Years+ \$108 Res/\$130 Non-Res

**Dublin Senior Center**

**Wed 7:00-8:00 PM & Sun 10:00-11:00 AM**

**Session 1: 5/18-7/17\* Activity #46065**

**Session 2: 7/20-9/14 Activity #46066**

\*no class 5/29 & 7/2

**Zumba® Fitness with Robin**

Dance to great music, with great people, and burn a ton of calories without even realizing it. Who is Zumba® perfect for? Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. What are the benefits? It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Always bring water and a towel.



16 Classes Instructor: Robin Cranford

18 Years+ \$144 Res/\$173 Non-Res

**Dublin Senior Center**

**Tue 5/17-9/13\* 7:15-8:15 PM Activity #45695**

**Thu 5/19-9/1 6:00-7:00 PM Activity #45694**

\*no class 6/28 & 7/26



### Zumba® Flex

Not able to attend sixteen classes? No problem, Zumba® Flex allows you to drop-in eight times within an eight week session. You can attend once or twice a week; it is up to you to choose what works best for your schedule. Zumba® Flex is good for eight Zumba® with Robin classes and must be used during the session dates that you have registered for. Unused visits may not be transferred, refunded or carried over.

*Instructor: Robin Cranford*

18 Years+ \$96 Res/\$115 Non-Res

**Dublin Senior Center**

**Tue 7:15-8:15 PM & Thu 6:00-7:00 PM**

**Session 1: 5/17-7/14\* Activity #45991**

**Session 2: 7/19-9/15\* Activity #45992**

\* no class 6/28, 7/26 & 7/28

### Jazzercise®

Jazzercise is a calorie-torching, hip-swiveling, dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes—Dance Mixx, Interval, Fusion, Core, Strike, and Strength—will leave you breathless, toned and coming back for more. Mat and hand weights required. Contact Barbara Van Trease, (925) 447-8890, for class information or visit [www.jazzercise.com](http://www.jazzercise.com) for new student offers and pricing.

18 Years+

**Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM**

**Mon & Wed 5:30-6:30 PM**

**Tue & Thu 6:00-7:00 PM**

### Group Speed and Form Running

This 6-week program is provided once a week and focuses on key factors such as: VO2Max, running mechanics, interval workouts, repetition workouts and tempo runs. This is a great way to sharpen your skills, become a faster runner, as well as improve your fitness and overall health. Speed and Form training is appropriate for runners who can run one mile without stopping to advanced level competitive runners. Our experienced, motivating coaches divide groups based on ability. Classes are designed to be realistically and appropriately challenging for each group.

*6 Classes Instructor: The FIT Potato*

18 Years+ \$119 Res/\$143 Non-Res

**The FIT Potato**

**Mon 5/23-6/27 6:15-7:15 PM Activity #45717**

### Injury Prevention For Runners

This class will take you through 'must-do' running drills, stretches, strength training exercises and soft tissue massage techniques to keep you injury free. Learn how to stay healthy, fit and running your whole life.

*4 Classes Instructor: The FIT Potato*

18 Years+ \$100 Res/\$120 Non-Res

**The FIT Potato**

**Sat 6/4-6/25 9:15-10:00 AM Activity #45716**



### Managing and Preventing Type 2 Diabetes with Diet

Type 2 diabetes, insulin resistance and pre-diabetic conditions can be reversed in most people. That is right! With the correct diet, key therapeutics and life style changes, people can take charge of their health and get rid of health issues. This class will focus on guiding you towards making excellent nutrition choices by choosing specific foods, herbs and supplements that balance blood sugar. A holistic approach to supporting health is not about counting carbs and looking at numbers. Instead, the emphasis is on eating real, whole foods and modifying habits.

*1 Class Instructor: Ramya Ramakrishnan, Holistic Nutrition Consultant*

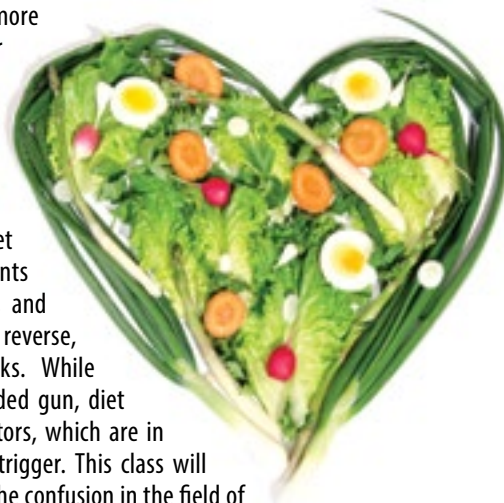
18 Years+ \$49 Res/\$59 Non-Res; plus \$9 materials fee

**Dublin Senior Center**

**Sun 8/21 11:30 AM-1:30 PM Activity #45984**

### Eating for a Healthy Heart

According to the Center for Disease Control and Prevention, heart disease claims more lives than any other disease in America. A combination of poor dietary and lifestyle factors contribute to this. A whole foods anti-inflammatory diet focusing on key nutrients can stop the progress, and in many cases even reverse, diseases in their tracks. While genetics may be a loaded gun, diet and environmental factors, which are in our control, act like a trigger. This class will help you sort through the confusion in the field of nutrition and steer you towards a path of wellness and vitality.



*1 Class Instructor: Ramya Ramakrishnan, Holistic Nutrition Consultant*

18 Years+ \$49 Res/\$59 Non-Res; plus \$9 materials fee

**Dublin Senior Center**

**Sun 9/18 11:30 AM-1:30 PM Activity #45985**

### Building Immunity Naturally Before the Flu Season

Learn how to boost your immunity before fall sets in. For those who are interested in outsmarting the flu virus and other bugs, this class will provide a wealth of information on how to strengthen one's defenses naturally through a healthy diet, time-tested herbs and therapeutic supplements. This workshop will provide ample information on immune enhancing foods, broths and herbal teas that you can prepare easily. Prevention is way better than the cure.

*1 Class Instructor: Ramya Ramakrishnan, Holistic Nutrition Consultant*

18 Years+ \$49 Res/\$59 Non-Res; plus \$9 materials fee

**Dublin Senior Center**

**Sun 10/16 11:30 AM-1:30 PM Activity #45986**



## SPORTS

**Tennis 101**

Learn a sport that you can enjoy for a lifetime with this easy step-by-step lesson plan. You will receive plenty of individual attention in this class for those with minimal or no previous tennis instruction. Basic fundamentals will be covered, with a focus on developing solid techniques. Instructor/student ratio is 1:6.

5 Classes Instructor: Arora Tennis

18 Years+ \$110 Res/\$132 Non-Res

**Emerald Glen Park**

Thu 6/16-7/14 7:00-8:00 PM Activity #45947

Thu 7/28-8/25 7:00-8:00 PM Activity #45948

**Fallon Sports Park**

Sat 6/18-7/23\* 9:00-10:00 AM Activity #45949

Sat 7/30-8/27 9:00-10:00 AM Activity #45950

\*no class 7/2

**Kolb Park**

Sun 6/19-7/24\* 9:00-10:00 AM Activity #45951

Sun 7/31-8/28 9:00-10:00 AM Activity #45952

\*no class 7/3

**Schaefer Ranch Park**

Tue 6/14-7/12 6:45-7:45 PM Activity #45953

Tue 7/26-8/23 6:45-7:45 PM Activity #45954

**Tennis 102**

Attention all intermediate players – this class is for you! Continue to develop solid techniques and further strengthen your skill level. Instructor/student ratio is 1:6.

5 Classes Instructor: Arora Tennis

18 Years+ \$110 Res/\$132 Non-Res

**Emerald Glen Park**

Sat 6/18-7/23\* 9:00-10:00 AM Activity #45955

Sat 7/30-8/27 9:00-10:00 AM Activity #45956

\*no class 7/2

**NEW! Tennis 103**

Graduates of Tennis 102, this new class is for you! The emphasis will be on singles and doubles point play and strategy. Instructor/student ratio is 1:6.

5 Classes Instructor: Arora Tennis

18 Years+ \$110 Res/\$132 Non-Res

**Emerald Glen Park**

Sat 6/18-7/23\* 8:00-9:00 AM Activity #45957

Sat 7/30-8/27 8:00-9:00 AM Activity #45958

\*no class 7/2

**Cardio Tennis**

Looking for an ideal alternative to working out in the gym? Cardio Tennis is a new, fun group activity with drills to give athletes of all abilities the ultimate, high-energy workout. Taught by a United States Professional Tennis Association (USPTA) teaching professional, it includes warm-up, cardio workout, and cool-down phases. If you're looking for a new way to get in shape and burn calories, try Cardio Tennis. All playing levels are welcome. Instructor/student ratio is 1:7.

5 Classes Instructor: Arora Tennis

18 Years+ \$100 Res/\$120 Non-Res

**Emerald Glen Park**

Tue 6/14-7/12 7:00-8:00 PM Activity #45959

Tue 7/26-8/23 7:00-8:00 PM Activity #45960

**Fallon Sports Park**

Sat 6/18-7/23\* 8:00-9:00 AM Activity #45961

Sat 7/30-8/27 8:00-9:00 AM Activity #45962

\*no class 7/2

**Schaefer Ranch Park**

Mon 6/13-7/18\* 6:45-7:45 PM Activity #45963

Mon 7/25-8/22 6:45-7:45 PM Activity #45964

\*no class 7/4

**Private Tennis Lessons**

Both private and semi-private lessons are available. Lessons are held at an agreed-upon date, time and location. Find detailed descriptions of our highly-qualified instructors and registration information at [www.DublinRecGuide.com](http://www.DublinRecGuide.com). Click on Programs, then Children's Classes, then Children's Sports. Questions? Contact [rich.jochner@dublin.ca.gov](mailto:rich.jochner@dublin.ca.gov).





### Coed Golf School

Learn to play golf in a friendly, non-competitive environment. Golf rules and etiquette, as well as basic full swing fundamentals and short game skills (chipping and putting), will be covered. Bring your own clubs if possible, however loaner clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Dublin Ranch Golf Club

18 Years+ \$114 Res/\$137 Non-Res

#### Dublin Ranch Golf Course

Thu 6/30-7/28 7:00 PM-8:00 PM Activity #45871

Sat 7/9-8/6 9:00 AM-10:00 AM Activity #45872

Sun 7/10-8/7 11:15 AM-12:15 PM Activity #45873

Thu 8/11-9/8 6:00 PM-7:00 PM Activity #45874

Sat 8/13-9/17\* 9:00 AM-10:00 AM Activity #45875

\* no class 9/3

Sun 8/14-9/18\* 11:15 AM-12:15 PM Activity #45876

\* no class 9/4

### Women's Golf School

Women's golf is on the rise and the Ladies Professional Golf Association (LPGA) is steadily gathering dedicated golf fans. Don't just watch! This is your chance to learn how to play with other motivated women. Instruction includes correct grip, stance, posture, aim and swing. Rules, etiquette and fundamentals will also be covered. Bring your own golf clubs if possible; however, loaner clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Dublin Ranch Golf Club

18 Years+ \$114 Res/\$137 Non-Res

#### Dublin Ranch Golf Course

Wed 6/29-7/27 7:00-8:00 PM Activity #45869

Wed 8/10-9/7 6:00-7:00 PM Activity #45870

## SPORTS LEAGUES

### Adult 5-on-5 Basketball Leagues

The Men's 5-on-5 basketball leagues consist of a six game schedule, plus single elimination playoffs for all teams. Men's C level should be considered higher than the Men's D level. The 5-on-5 leagues will be played on Sunday afternoon and evening. Registration is currently open for these leagues.

18 Years+ \$473 Res Team/\$568 Non-Res Team

#### Stager Community Gymnasium

"C" League Begins Sun 5/1 Activity #46075

"D" League Begins Sun 5/1 Activity #46076

### Adult Softball Leagues

Softball is a great way for friends and co-workers to socialize and improve teamwork skills. City leagues cater to recreational level softball players. Get your family, friends and co-workers together and form a team! Softball leagues consist of a regular season, plus playoffs for the qualifying top teams. Game times are 6:15, 7:30 and 8:45 PM.

#### Summer (8-game regular season)

18 Years+ \$599 Res Team/\$719 Non-Res Team

#### Fallon Sports Park

##### Men's "D" League

Begins Tue 6/28 Activity #46079

##### Coed "D"

Begins Thu 6/30 Activity #46081

#### Fall (6-game regular season)

18 Years+ \$475 Res Team/\$570 Non-Res Team

#### Fallon Sports Park

##### Men's "D" League

Begins Tue 9/13 Activity #46080

##### Coed "D"

Begins Thu 9/15 Activity #46082

### Adult Coed Bocce Leagues

Enjoy the most relaxed social team sport around! Bocce is easily played by all ages and physical abilities, and both beginner and experienced players are welcome to join in the fun. No need to bring any equipment as everything you need is provided. Teams can be comprised of two to eight players each. Two separate evening leagues are offered during a 10-week session. Picnic tables are nearby so feel free to bring refreshments to enjoy while playing. Registration is currently open for these leagues.

18 Years+ \$150 Res Team/\$180 Non-Res Team

#### Emerald Glen Park Bocce Courts

Fri League Begins 6/17 6:00-8:00 PM Activity #46078

Wed League Begins 6/22 6:00-8:00 PM Activity #46077

### Resident/Non-Resident Team Status

To qualify as a resident team, 51% of the roster must be Dublin residents, or the team must be sponsored by a Dublin-based business with a current business license and pay by company check or credit card. Resident team registration must be done in person at the Shannon Community Center.

### Registration

Team registration (sorry, no individual players accepted; please see the Free Agent List below) may be completed online or at Shannon Community Center. Full registration and payment must be completed two weeks prior to the advertised league start date or a \$25 late fee applies. No partial payments will be accepted. Players must be 18 years or older. Please call (925) 556-4500 to check space availability.

### Free Agent List (individuals)

The City of Dublin maintains free agent lists for basketball, bocce and softball. Call (925) 556-4500 to be added to a list. This list is shared with team managers upon request.